



Northampton Aquatic & Family Center at JFK Middle School, 100 Bridge Rd. Florence

Swim Lessons

The Aquatic and Family Center offers swim lessons to all ages and abilities.
Our lessons include Parent and Child, Preschool and Levels 1-6.
We offer lessons from beginners through advanced swimmers.
Classes are 30 minutes in length. We also offer private lessons.

Thursdays: July 7 - August 11 (6 classes) \$33/\$45/\$55

Pre - Level	4:00 - 4:30pm
Level 1&2	4:30 - 5:00pm
Level 3&4	5:00 - 5:30pm
Level 5&6	5:30 - 6:00pm

Saturday: July 9 - August 13 (6 classes) \$33/\$45/\$55

Pre - Level	9:30 - 10:00am
Level 1&2	10:00 - 10:30am
Level 3&4	10:30 - 11:00am
Parent & Child	11:00 - 11:30am

*Fees listed in the order of Member / Non-member Resident / Non-Resident
Pre-registration is required before start of session; space is limited; Instructor ratio 1: 6
(Parent/Child Instructor Ratio 1:10)*

Class Descriptions:

Parent/Child:	Ages 1-5 with parent, emphasis on fun, covers a variety of skills and activities
Pre- Level:	Ages 3-5, a variety of swimming and safety skills covered
Level 1:	Beginner independence in the water ; Intro to breath control and Front Crawl
Level 2:	Refine Front Crawl; Intro to Elementary Backstroke and rotary breathing
Level 3:	Develop Front Crawl and Elementary Backstroke ; Intro to Side Stroke, Breast Stroke, and Back Stroke
Level 4:	Perfect Front Crawl, Back Crawl, Elementary Back Stroke; Refine Side Stroke, Breast Stroke
Level 5:	Develop Breast Stroke, Side Stroke; Intro to Butterfly and Diving : Build endurance with pervious strokes
Level 6:	Intro to competitive techniques and Strength Training ; Flip Turns & Starts, Diving & Stroke Critique

**Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence, MA
Mon-Fri 4:00-8:00 pm & Sat 10:00 am-5:00pm and Sun 11:00 am-4:00 pm, 587-1046
or**

**Northampton Parks and Recreation Dept., 90 Locust St., Northampton, MA
Mon-Fri 8:30 am-4:30 pm, 587-1040.
www.northamptonma.gov/recreation**

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Do not use this form for Summer Day Camps or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation

Today's Date: ____/____/____

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) _____ (W) _____

Cell _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) _____ (W) _____

Cell _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐No ☐**PARTICIPANT'S FULL NAME:** _____ Male ☐ Female ☐

School _____ Date of Birth _____ Grade entering in the Fall _____

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

TOTAL FEES**PARTICIPANT'S FULL NAME:** _____ Male ☐ Female ☐

School _____ Date of Birth _____ Grade entering in the Fall _____

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

TOTAL FEES**PASS PURCHASE**

Pass for Beach or Aquatic Center

Pass Type

Fee

--	--	--

TOTAL DUE:

Pass Holders Names

Male/Female

Age

_____	Male/Female	_____
_____	Male/Female	_____
_____	Male/Female	_____
_____	Male/Female	_____
_____	Male/Female	_____

Special Considerations/Comments

(Use back if necessary) _____

Charge my VISA ____ Master Card ____ Discover ____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____	Date _____	RT Date _____	Staff _____	Amt Rec'd \$ _____	Date _____	RT date _____	Staff _____
Amt Rec'd \$ _____	Date _____	RT Date _____	Staff _____	Amt Rec'd \$ _____	Date _____	RT date _____	Staff _____